








MEET THE POWER FOODS

					
Group Name					
Health benefits					
Key Nutrients					
Recommended Serving Number					

1-ounce serving

1/2 cup serving

1/2 cup serving

1 cup serving

2- to 3-ounce serving

WHAT'S IN EACH FOOD GROUP?



Grain Group

- ☐ bagel
- ☐ bread
- ☐ cereal
- ☐ pancake
- ☐ tortilla
- ☐ rice
- ☐ pasta
- ☐ waffle
- ☐ crackers
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____



Vegetable Group

- ☐ broccoli
- ☐ carrots
- ☐ squash
- ☐ corn-on-the-cob
- ☐ peas
- ☐ tomato
- ☐ spinach, raw
- ☐ cauliflower
- ☐ cabbage
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____



Fruit Group

- ☐ orange juice
- ☐ watermelon
- ☐ strawberries
- ☐ banana
- ☐ grapes
- ☐ cherries
- ☐ apple
- ☐ peach
- ☐ plum
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____



Milk Group

- ☐ milk
- ☐ chocolate milk
- ☐ cheddar cheese
- ☐ American cheese
- ☐ yogurt
- ☐ pudding
- ☐ frozen yogurt
- ☐ milkshake
- ☐ cottage cheese
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____



Meat and Beans Group

- ☐ beef
- ☐ chicken
- ☐ fish
- ☐ pork
- ☐ eggs
- ☐ peanut butter
- ☐ legumes
- ☐ almonds
- ☐ sunflower seeds
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____